

FITNESS CLASSES – MAY - JUN 2017

Name _____

Address _____

Town/Zip _____

Phone _____

E-mail _____

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

☐ Cash ☐ Check Check No. _____

For office use only ☐

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Active and Fit	Jun 1 – Jun 29	Thurs	2 – 3 pm	5	\$15	\$20
Beginner Line Dancing <i>No class on May 29</i>	May 8 – Jun 26	Mon	2:00 pm	7	\$21	\$28
Body 360	May 4 – Jun 29	Thurs	1:00 pm	9	\$27	\$36
Boxing and More: Exercise with Parkinson's <i>No class on May 29</i>	May 1 – Jun 26	Mon	3:30 pm	8	\$32	\$40
Boxing and More: Exercise with Parkinson's	May 3 – Jun 28 (Beginner)	Wed	2:15 pm	9	\$36	\$45
	May 3 – Jun 28 (Intermediate)	Wed	3:15 pm	9	\$36	\$45
Jan's Exercise May <i>No class on May 29</i>	1-day May 1 - 31	M W F	9 am	5	\$18	\$24
	2-day May 1 - 31	M W F	9 am	9	\$27	\$36
	3-day May 1 - 31	M W F	9 am	13	\$36	\$48
Jan's Exercise Jun	1-day Jun 2 - 30	M W F	9 am	5	\$18	\$24
	2-day Jun 2 - 30	M W F	9 am	9	\$27	\$36
	3-day Jun 2 - 30	M W F	9 am	13	\$36	\$48
Line Dancing <i>No class on May 29</i>	May 1 – Jun 26	Mon	1 pm	8	\$24	\$32
Monday – Simply Stretch & Strengthen with Shelly <i>No class on May 29</i>	May 1 – Jun 26	Mon	10:30 am	8	\$24	\$32
Tai Chi – Introduction <i>No class on May 10</i>	May 3 – Jun 28	Wed	3:30 pm	8	\$24	\$32

Tai Chi – Advanced Beginner	May 2 – Jun 27	Tues	8:45 am	9	\$27	\$36
Tai Chi – Intermediate	May 4 – Jun 29	Thurs	8:45 am	9	\$45	\$54
Wow! Women on Weights	May 3 – Jun 28	Wed	5 pm	9	\$27	\$36
	May 5 – Jun 30 <i>No class May 26</i>	Fri	10:30 am	8	\$24	\$32
Yoga – Chair and Standing	May 2 – Jun 27	Tues	11 am	9	\$36	\$45
Yoga – All Levels	May 2 – Jun 27	Tues	9 am	9	\$36	\$45
Yoga – All Levels	May 2 – Jun 27	Tues	10 am	9	\$36	\$45
Yoga – All Levels – Evening	May 4 – Jun 29	Thurs	6 pm	9	\$36	\$45
Zumba Gold – Chairs Wed Mornings	May 3 – Jun 21	Wed	11:30 am	8	\$24	\$32
Zumba Gold – Mon Evening <i>No class on May 29</i>	May 1 – Jun 26	Mon	6:15 pm	8	\$32	\$40
Zumba Gold – Wed Morning	May 3 – Jun 21	Wed	10:30 am	8	\$32	\$40
Zumba Gold – Wed Evening <i>No class on May 10</i>	May 3 – Jun 28	Wed	6:15 pm	8	\$32	\$40
Zumba Gold – Fri Morning	May 5 – Jun 30	Fri	11:45 am	9	\$36	\$45
Zumba Toning – Mon Evening <i>No class on May 29</i>	May 1 – Jun 26	Mon	7:25 pm	8	\$24	\$32
Circle Choices & Total						
